Dear international students,

You have chosen to follow one of the international programs of Cnam. Thank you for your trust!

To assist you in preparing for your journey, we offer this booklet, which brings together the main practical information you may need.

All of Cnam international teams are looking forward to welcoming you.
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PART 1: BEFORE COMING

1.1 Language training
If you plan to come and study at Cnam in France, although your course will be taught in English you should be prepared in French language, as advised by the students in the video on http://www.cnam.eu/students-and-professionals/

Several solutions are offered here:

The first is to find French classes in your country. To do so click on the map to find the nearest Alliance Française center in your area: https://parlons-francais.tv5monde.com/Webdocs-to-learn-French/p-109-lg1-Trouver-un-cours.htm

Another solution is to learn French by yourself using the following websites:
Here is a course for complete beginners:
https://modules.cned.fr/FranceEducation/Tools/headerCned.html

And here is a course for beginners (A1 level):

Finally, here is a MOOC that will help you prepare your arrival in France, both linguistically and practically:
https://www.fun-mooc.fr/courses/course-v1:dgef-interieur+134003+session01/about

To complement your courses (online or at an Alliance Française center), here is a website that offers you the opportunity to have linguistic and cultural exchanges with a student who is learning your language & culture:
https://www.speaklanguages.com/language-partners/

1.2 Cultural training
To blend into a country, it is important to share with its inhabitants a common cultural background and to understand a few ways of being and living that may be a little different from yours.

To discover French culture, we suggest you visit the following websites:

In English

In French
https://culture.tv5monde.com/?utm_source=tv5monde&utm_medium=metanav&utm_campaign=culture
https://www.lepointdufle.net/p/civilisation.htm
Another way to become acquainted with French culture is to immerse yourself in its news in English: https://www.france24.com/en/france/

1.3 Preparing your stay in France.

1.3.1 Welcome to France
Going to France for your studies requires planning ahead. Before leaving, the first step is to contact Campus France to find answers to questions you may have concerning visas and immigration, housing, and the basic living expenses to expect in France: https://www.campusfrance.org/en

1.3.2 Welcome to Paris
You have just arrived in France and are wondering how to deal with practical and administrative formalities, such as health insurance, banking or public transportation?

Twice a year, from September to November and from January to February, the Cité Internationale Universitaire de Paris, supported by the City of Paris and the Île-de-France Region, sets up a multi-service and multilingual hosting platform for international students and researchers. The principle of this one-stop welcome desk is to help you to carry out administrative procedures and to find the necessary advice and information for your study or research stay in the Paris Region.

More information regarding the services of Welcome Desk Paris such as residence permit, health insurance, jobs, work permit, welcome, information and support can be found by clicking on the following link: https://access.ciup.fr/en/welcome-desk-paris/

1.3.3 Welcome to Cnam
Cnam provides a personalized welcome service organized by each institute/department. At the beginning of each semester, a special orientation session is organized. This session is also an opportunity to meet other international students, French students who have also studied abroad, Cnam professors and administrative staff.

Welcome desks
See Annex.

Getting in touch...
You can join student associations, make new friends or team up with a language partner. Get support from a buddy or mentor and take part in fun weekend activities. It can be helpful to have people close by that you can trust, have fun with and turn to in times of trouble.
...with students from all over the world in Paris: 
https://www.facebook.com/international.students.in.paris/

...with Cnam Master in management or MBA students: 
https://www.linkedin.com/groups/7405979/

...with Cnam Electronics, Electrical Engineering, and Applied Physics students: 
https://www.linkedin.com/groups/7405979/

...with International-Institute-of-Management Alumni association (IIMAA): 
http://www.cnam-iimaa.net/788_p_47557/home.html

....with the students association (BDE) “Yes We Cnam”: 
https://yeswecnam.com/

1.3.4 Differences in ways of being and living
Here are some websites that will introduce you to some of the differences in ways of being and living

This is a Canadian website about French ways of being: 

Another website on possible culture shocks: 
https://www.francaisavecpierrer.com/choc-culturel/

A website on different French body gestures: 
https://www.frenchpod101.com/blog/2019/08/16/french-body-gestures/

And finally, a website about a few typical clichés! 
https://www.youtube.com/watch?v=ERD2TnMNH98
PART 2: AFTER ARRIVAL

2.1 Safety

2.1.1 Your money and ID documents

• Carry as little cash as possible. Split up any money you might carry with you and place it in several places (bags, pockets...)
• Keep the PIN code of your credit cards confidential. If you must write it down, keep it in in a safe place and separate from your credit card.
• Make sure you have a photocopy or a scan of all your ID documents. This precaution will facilitate their re-issue in case of loss or theft.
• Carry a copy of your passport, residence permit and student card with you at all time in case of identity check.
• Always carry your phone number and address of residence.

2.2.2 Public places and transport

• Never leave your bags or luggage unattended and do not accept any bag or package from strangers
• If you find any suspicious items, do not touch them and immediately contact police services
• Keep your mobile phone in a safe place and take good care of your bags and luggage
• If you are to go back home late, never go back on your own or catch a taxi.

2.2.3 Emergency telephone numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical help / SAMU (ambulance and medical doctor for serious but not life-threatening emergencies)</td>
<td>15</td>
</tr>
<tr>
<td>Police / Police Nationale</td>
<td>17</td>
</tr>
<tr>
<td>Fire &amp; accident / Sapeurs Pompiers (firefighters, ambulance, and first aid for life-threatening emergencies)</td>
<td>18</td>
</tr>
<tr>
<td>SOS - all services (calling from a mobile phone)</td>
<td>112</td>
</tr>
</tbody>
</table>

2.2 Accommodation

Students who have not been admitted to a students’ residence, have to rent a studio or a flat. Looking for a flat in Paris is time-consuming and difficult.

In order to get assistance or further information, contact Welcome desks of your department (See Annex).
2.3 Social security and insurance

2.3.1 Health Insurance
Medical care is not free in France but the social security system does reimburse for treatments.

Students can also subscribe to additional health insurance coverage with a private insurance company, which will refund the difference between actual cost and social security reimbursement. This insurance coverage is called the “mutuelle”.

2.3.2 Civil liability and individual accident insurance
Insurance companies also offer coverage for “RESPONSABILITE CIVILE” (Civil Liability, accident caused to a third party), accidents and life insurance.

Automobile insurance is mandatory for vehicles (car, motorcycle).

2.3.3 Rental insurance
Every student must hold a housing insurance ("assurance d’habitation") which will cover damages in case of fire, water spillage or any other type of damage to their accommodation.
# PART 3: ANNEXES

## 3.1 Programs taught in English

<table>
<thead>
<tr>
<th>Program code</th>
<th>Dept.</th>
<th>Program title</th>
<th>Department website</th>
<th>Welcome desks</th>
</tr>
</thead>
<tbody>
<tr>
<td>MR14602A</td>
<td>EPN03 Electronics, Electrical Engineering and Applied Physics</td>
<td>Master Sciences, technologies, santé mention réseaux télécommunication Parcours international Télécommunications and Networks</td>
<td><a href="http://eeap.cnam.fr/sit">http://eeap.cnam.fr/sit</a> e-en/</td>
<td><a href="mailto:Kim-anh.nguyen@lecnam.net">Kim-anh.nguyen@lecnam.net</a></td>
</tr>
<tr>
<td>MR11802A</td>
<td>EPN15 Strategies - International Institute of Management</td>
<td>Master in Management E-Business and Digital Marketing</td>
<td><a href="http://iim.cnam.fr/">http://iim.cnam.fr/</a></td>
<td><a href="mailto:Emmanuelle.rochefort@lecnam.net">Emmanuelle.rochefort@lecnam.net</a></td>
</tr>
<tr>
<td>MR13403A</td>
<td>EPN15 Strategies - International Institute of Management</td>
<td>Master in Management International Business and Corporate Development</td>
<td><a href="http://iim.cnam.fr/">http://iim.cnam.fr/</a></td>
<td><a href="mailto:Emmanuelle.rochefort@lecnam.net">Emmanuelle.rochefort@lecnam.net</a></td>
</tr>
<tr>
<td>MR12002A</td>
<td>EPN15 Strategies - International Institute of Management</td>
<td>Master in Management Project Management and Business Engineering</td>
<td><a href="http://iim.cnam.fr/">http://iim.cnam.fr/</a></td>
<td><a href="mailto:Emmanuelle.rochefort@lecnam.net">Emmanuelle.rochefort@lecnam.net</a></td>
</tr>
<tr>
<td>DIE7800A</td>
<td>EPN15 Strategies - International Institute of Management</td>
<td>Master of Business Administration Manager d'entreprise</td>
<td><a href="http://iim.cnam.fr/">http://iim.cnam.fr/</a></td>
<td><a href="mailto:Emmanuelle.rochefort@lecnam.net">Emmanuelle.rochefort@lecnam.net</a></td>
</tr>
<tr>
<td>MR13000A</td>
<td>ENJMIN Graduate School of Games and Interactive media</td>
<td>Master Sciences, technologies, santé mention audiovisuel médias interactifs numériques, jeux Parcours Audiovisuel, médias interactifs et jeux</td>
<td><a href="http://enjmin-en.cnam.fr/">http://enjmin-en.cnam.fr/</a></td>
<td><a href="mailto:indira.clanet@lecnam.net">indira.clanet@lecnam.net</a></td>
</tr>
<tr>
<td>Course Code</td>
<td>Type</td>
<td>Details</td>
<td>Start Date</td>
<td>Course Representative</td>
</tr>
<tr>
<td>-------------</td>
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<td>---------</td>
<td>------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>FLE100/FLE200</td>
<td>CLE</td>
<td>French as foreign language</td>
<td></td>
<td><a href="mailto:Saleh.hairia@lecnam.net">Saleh.hairia@lecnam.net</a></td>
</tr>
<tr>
<td>EPN04</td>
<td>Master Sciences, technologies, santé, mention Mécanique</td>
<td>Parcours mécanique des structures et des systèmes couplés, Parcours Structural Mechanics and Coupled Systems</td>
<td>Start in 2021</td>
<td>TBA</td>
</tr>
<tr>
<td>EPN05</td>
<td>Master Sciences, technologies, santé, mention informatique, Parcours Computer Networks and IoT Systems</td>
<td></td>
<td>Start in 2021</td>
<td>TBA</td>
</tr>
<tr>
<td>CS10100A</td>
<td>EPN11</td>
<td>CS Global hospitality and tourism management</td>
<td>Start in January 2021</td>
<td><a href="mailto:Djohar.marouf@lecnam.net">Djohar.marouf@lecnam.net</a></td>
</tr>
</tbody>
</table>

For further useful information (in French) about Cnam student life, please check:

http://eleves.cnam.fr/vie-scolaire/
### 3.2 Programs taught in French

<table>
<thead>
<tr>
<th>Program code</th>
<th>Dept.</th>
<th>Program title</th>
<th>Department website</th>
<th>Welcome desks</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPN93</td>
<td>ENJMIN Graduate School of Games and Interactive media</td>
<td>Mastère Spécialisé en Interactive Digital Experiences - IDE</td>
<td><a href="http://enjmin-en.cnam.fr/">http://enjmin-en.cnam.fr/</a></td>
<td><a href="mailto:indira.clanet@lecnam.net">indira.clanet@lecnam.net</a></td>
</tr>
<tr>
<td>DIE4100A</td>
<td>INTECHMER Institut national des sciences et techniques de la mer</td>
<td>Diplôme d’établissement Cadre technique Production et valorisation des ressources marines</td>
<td><a href="http://www.intechmer.cnam.fr/intechmer/">http://www.intechmer.cnam.fr/intechmer/</a></td>
<td><a href="mailto:scolarite-intechmer@cnam.fr">scolarite-intechmer@cnam.fr</a></td>
</tr>
<tr>
<td>DIE4200A</td>
<td>INTECHMER Institut national des sciences et techniques de la mer</td>
<td>Diplôme d’établissement Cadre technique génie de l’environnement marin</td>
<td><a href="http://www.intechmer.cnam.fr/intechmer/">http://www.intechmer.cnam.fr/intechmer/</a></td>
<td><a href="mailto:scolarite-intechmer@cnam.fr">scolarite-intechmer@cnam.fr</a></td>
</tr>
<tr>
<td>BCH1500A</td>
<td>INTECHMER Institut national des sciences et techniques de la mer</td>
<td>Diplôme établissement Bachelor Océanographe - prospecteur</td>
<td><a href="http://www.intechmer.cnam.fr/intechmer/">http://www.intechmer.cnam.fr/intechmer/</a></td>
<td><a href="mailto:scolarite-intechmer@cnam.fr">scolarite-intechmer@cnam.fr</a></td>
</tr>
<tr>
<td>ING0100A</td>
<td>ESGT / École supérieure d’ingénieurs géomètres et topographes</td>
<td>Diplôme d’ingénieur Spécialité géomètre et topographe En formation initiale sous statut étudiant</td>
<td><a href="http://www.esgt.cnam.fr/esgt/">http://www.esgt.cnam.fr/esgt/</a></td>
<td><a href="mailto:esgt@esgt.cnam.fr">esgt@esgt.cnam.fr</a></td>
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<tr>
<td></td>
<td>EiCnam / Ecole Ingénieur du Cnam</td>
<td>(en alternance)</td>
<td><a href="http://ecole-ingenieur.cnam.fr/eicnam-ecole-d-ingenieur-e-s/">http://ecole-ingenieur.cnam.fr/eicnam-ecole-d-ingenieur-e-s/</a></td>
<td><a href="mailto:manon.vain@lecnam.net">manon.vain@lecnam.net</a></td>
</tr>
<tr>
<td></td>
<td>Ecole Doctorale Abbé Grégoire</td>
<td></td>
<td><a href="http://recherche.cnam.fr/etudes-doctorales-hdr/">http://recherche.cnam.fr/etudes-doctorales-hdr/</a></td>
<td><a href="mailto:suivi.doctorants@cnam.fr">suivi.doctorants@cnam.fr</a></td>
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